

How much should I do?

We know being active is important, but how much should we be doing each day?

It is recommended that we do at least 30 minutes of physical activity most days of the week. This can be a single 30 minute session, or several shorter episodes of activity such as three 10 minute sessions throughout the day.

Remember, even one 10 minute session is helpful and better than none!

Each week, you should aim to include exercise that challenges your fitness, balance and strength. It is recommended to include balance and strength activities on at least 2 days each week.

Fitness exercise (cardiovascular)

This type of physical activity raises your heart rate and helps improve the health of your heart and lungs. It involves continuous, rhythmic movement that uses large muscle groups. You should feel a little out of breath, but be able to talk. If you are too out of breath to talk, you are working too hard.

Examples include walking, running, swimming and cycling.

Strength exercise

Strength exercises, also known as resistance training or weight training, are exercises that make your muscles work harder than usual. Examples include lifting weights, lunges, squats, push-ups, using resistance bands.